# APRIL 26 & 27- CHATHAM HIGH SCHOOL





CHATHAM COURIER
Register-Star





Sean's Run Weekend grew again last year with the addition of 20 and 50-Mile bike rides that attracted 220 bicyclists. The rides are self-paced and non-competitive over scenic courses. Riders are provided on-course support, directions, cue sheets and a great spread of refreshments awaits every rider at the finish. The first 250 entries for the 2014 edition of Sean's Rides will receive a special Sean's Rides Presented by The Lofgren Agency commemorative jersey.

The 50-Mile County Tour, with 1,283 feet of climbing, is sponsored by Hudson Design Engineering PLLC and traverses the beautiful Columbia County countryside and includes a trip down Warren Street through the historic city of Hudson and a scenic rest stop at Henry Hudson Park with beautiful Catskill Mountains vistas. The course also goes through the towns of Chatham, Ghent, Claverack and Greenport.

The 20-Mile Ride, sponsored by New Leaf Tree Services, Inc., is a mostly flat, easy route encompassing bucolic country roads and quaint Chatham village. A lively rest stop at the Mellenville firehouse is situated at the half-way mark.

Course maps are available at SeansRun.com.

Both rides commence at the south end of Chatham Fairgrounds and cars should enter the Fairgrounds from the Rte. 66/Hudson Street entrance (next to Price Chopper) where there is plenty of parking. Both rides finish at Chatham High School.

Last chance walk-in registration will be offered beginning one hour before each ride.

#### SATURDAY, APRIL 26TH - BIKE RIDES DETAILS

**Check-In & Start:** Chatham Fairgrounds, south end, entry from Rte. 66/Hudson Avenue next to Price Chopper

Last Chance Registration/Check in: 50 Miles - 7:30 a.m., 20 Miles - 9:00 a.m.

Ride Start Times: 50 Miles - 8:30 a.m., 20 Miles - 10:00 a.m.

Register: Visit SeansRun.com to sign up on-line or to print a mail-in or walk-in registration form

**Not a Race:** These are self-paced non-competitive rides. All roads will be open to traffic. Bicyclists must obey all traffic laws. Roads are not closed.

**Adults Only:** Must be 18 or over to participate.

Safety First: Helmets must be worn while riding and no headphones while riding.

Stay in Touch: Bring your cell phone on the ride.

**Park the Car:** Parking is at the Chatham Fairgrounds, use the Rte. 66/Hudson Avenue entrance to the Fairgrounds.

ormanoo to the ramgrounder

**Jerseys:** The first 250 entrants in the rides will receive a special Sean's Rides jersey.

**The Finish:** Rides finish at Chatham High School, about 3 blocks from the Fairgrounds. Refreshments will be served 11 a.m. – 1:30 p.m.

# 13 REASONS to participate in YEAR #13

- **1. Nice Giveaways:** The first 1,400 to register for the 5K or Meghan's Mile will receive a top-quality long-sleeve event t-shirt. The first 250 to register for Sean'sRides will receive a special hi-tech rides jersey. The first 100 to register for the Zumbathon will get a very nice workout shirt. Plus the first 350 to pick up their 5K/Mile entrant's packets on Saturday, the day before the races, will be provided an extra premium sponsored by Northeast Pest Control.
- **2. Special Spirit:** "Feel the Spirit" is the event's slogan. Music abounds during the entire event, including on the course, creating a fun and spirited atmosphere enjoyed by all. When they cross the finish line, participants hear their name announced and are invited to enjoy a spread of nutritious refreshments.
- **3. 5K Run/Community Walk:** An accurately measured, USATF-Certified and well-organized 3.1-mile race for runners of all ages and abilities and a community walk of the same distance. The 5K traverses a scenic course through historic Chatham village.
- **4. Meghan's Mile:** In memory of Meghan Nicole Kraham, a friend of Sean who at age 16 was a founding member of the Sean's Run Organizing Committee. In 2007 she succumbed to a rare form of cancer at the age of 21. This is a one-mile race for boys and girls age 12 years-and-under and a non-competitive walk for people of all ages. Sponsored by Newkirk, a DST Company.
- **5. World Championship Battle of the Belts:** An exciting and fun seatbelt buckling competition for middle school and high school students coming from all over the region to increase awareness and use of seat belts. Sponsored by Rensselaer Honda.
- **6. Prevention Education Expo:** Information booths and exhibits from local and regional youth development groups to educate young people and parents about the dangers of drinking and driving, to encourage seat belt use, and to present positive alternatives to using alcohol, tobacco, and drugs.
- **7. Zumbathon**<sup>®</sup> the third annual, this is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party<sup>™</sup> that's moving millions of people toward joy and health. You got to try it! Sponsored by Dells' Plumbing, Heating and A/C, Inc.
- **8. Sean's Rides Bike Rides** our newest addition to Sean's Run Weekend for riders 18 and over. We offer a 20-mile course that is a mostly flat, easy route, and a 50-mile ride that includes hills, country roads and a trip up Warren Street through the historic city of Hudson. Presenting Sponsor: The Lofgren Agency. 50-mile ride sponsored by Hudson Design Engineering, PLLC and the 20-mile ride is sponsored by New Leaf Tree Services, Inc.
- **9. Tribute to Victims and Survivors of Drunk Driving:** A show of empathy and support for local and regional residents who have been harmed or lost a loved one because of a drunk driver. It coincides with the annual observance of National Crime Victims' Rights Week.
- **10. Scholarships and Grant Awards:** Scholarships are presented each year in three different categories to benefit college-bound high school seniors, both runners and non-runners. Grants are given to fund school and youth group programs aimed at increasing teens' use of seatbelts and reducing underage drinking and driving.
- 11. Super Saturday Sean's Run for Special Needs Kids: An exciting activity for young people with physical and developmental disabilities. This special "race" on the day before the 5K and Meghan's Mile is a special opportunity for special kids to feel the spirit of Sean's Run. With the assistance of the Albany Miracle League, this activity takes place at 1 PM, Saturday, April 28th at Chatham High School. All participants will be provided an event souvenir t-shirt and a finisher's memento. Sponsored by Sea Jem Imports.
- 12. Refreshments On Saturday all participants in the Bike Rides, Zumbathon® and Special Needs Kids will be treated to mouth watering delights donated by Cardona's Market and Sam's Italian Restaurant, both located in Albany. On Sunday, participants will find an assortment of fruit and cookies provided by Price Chopper, an assortment of baked good made by committee members, bagels from Marisa's Bagels, ice cream from Stewarts, Propel sports drink, chocolate milk from Byrne Diary and plenty of water provided by Winding Brook Country Club
- **13. World's Best Volunteers and Generous Sponsors** many employees of our Presenting sponsor, First Niagara Bank, sign on to serve as one of more than 125 volunteers who work to make your experience enjoyable and memorable. Thanks to the generous support of our Sponsors, we've been able to improve the event each year.

## About Sean

Sean Patrick French — a 17-year old high school junior, community volunteer, honor student and record-setting athlete at Chatham High School lost his life on January 1, 2002. He was a passenger in a drunk driving car crash. Another passenger, 17-year old lan Moore, suffered paralyzing injuries. The driver, also 17, had been arrested for drunken driving just 18 days prior to the fatal crash. This tragedy prompted the enactment of Sean's Law, which now requires the immediate suspension of a license of a 16- or 17-year old on drunken driving charges.



Sean Patrick French, junior year school photo, 2001.

#### How to Register

On Line - go to SeansRun.com to register with a credit card. Secure, simple and immediate confirmation of your entry. Close April 23.

**Mail-In** – print a registration form found at SeansRun.com and send in by April 19.

Walk-In - visit First Niagara Bank at 16 Coleman Street in Chatham by April 24.

#### **LAST CHANCE**

Saturday 4/26: Bike Rides & Zumbathion® - 1 hour before events start at check in, 5K/Mile - 11 am to 2 pm at CHS gym

**Sunday 4/27:** 5K/Mile – 9 am to 11am at Chatham High School gym





Special Section published by Columbia-Greene Media

Register-Star and Chatham Courier are Media Sponsors for Sean's Run 2014

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Register-Star Chatham Courier

## 13th Annual Sean's Run Schedule

#### Chatham

#### Saturday, April 26 ·····

**BIKE RIDES** 

50 Mile Bike Ride Check In/Registration - Chatham Fairgrounds 7:30 a.m.

50 Mile Bike Ride Departs 8:30 a.m.

20 Mile Bike Ride Check In/Registration - Chatham Fairgrounds 9:00 a.m.

20 Mile Bike Ride Departs 10:00 a.m.

Bike Rides Refreshments at Finish Line - Chatham High School 11:00 a.m. - 1:30 p.m.

**ZUMBATHON** 

Check In/Registration - Chatham MED Elementary School 9:00 a.m.

Sean's Run Zumbathon® 10:00 a.m. - 12 noon

PACKET PICK UP FOR 5K & MEGHAN'S MILE

11:00 a.m. - 2:00 p.m. Packet Pick Up & Walk-In Registration - Chatham HS Gym

First 350 to arrive will receive special gift

SEA JEM'S SUPER SATURDAY RUN FOR SPECIAL NEEDS KIDS

Check In/Registration - Chatham HS 12:30 p.m. 1:00 p.m. Start of Super Saturday Run

#### **Sunday, April 27**

#### **5K & MEGHAN'S MILE**

Last Chance to Register & Packet Pick Up - Chatham HS 9:00 - 11:00 a.m. Meghan's Mile Start - Youth Race & 1-MIle Walk 11:30 a.m.

5K Run and Community Walk Start 12 noon

**Awards Presentation** 1:00 p.m.

Results Posted at SeansRun.com 5:00 p.m.

**PREVENTION EDUCATION EXPO** 

Expo Opens - Chatham HS 9:00 a.m.

PRESENTATION OF SCHOLARSHIPS & GRANTS

10:45 g.m. Introduction of Scholarships & Grants Winners - Chatham HS

**WORLD CHAMPIONSHIP BATTLE OF THE BELTS** 

Chatham HS 11:00 a.m.

#### Tuesday, April 29 ·····

Results and news coverage published in the Register Star

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# Sean's Run Zumbathon®

Sean's Run is proud to announce the return of the popular 2-hour, non-stop Zumba Fitness® Party on Saturday, April 26, from 10 a.m. to 12 noon at the Chatham MED Elementary School gymnasium, Woodbridge Avenue, Chatham.

The first 100 participants to register in the Zumbathon® will receive a special Sean's Run Weekend workout shirt, perfect for Zumba exercise. The registration fee of \$25 entitles participants to all the fun of this ever

popular component of a weekend of activities that comprises Sean's Run Weekend.

In addition to the Zumbathon, Saturday events include 20 and 50-mile Bike Rides and the Super Saturday Run for Special Needs Kids. On Sunday over 1,500 runners and walkers of all ages are anticipated in the 5K and Meghan's Mile.

To be part of Sean's Run Zumbathon®, participants can register on-line at SeansRun.com or print a registration form at the website. Another option is



to pick up registration forms at MetzWood Harder Insurance on the Circle in Chatham or the Gilcrest Property office in the Johnny Walker Insurance Building, Spencertown. Last chance registration and check in start at 9:00 a.m. at the MED gym on Saturday, April 26.

Refreshments will be offered during and at the conclusion of the Zumbathon.

Local licensed Zumba® instructor Jocelyn Morse is donating her time to lead the fun at this fund raiser. Plus, four additional Zumba® Instructors will be volunteering to make this an extra-special event: Mary Carey, Theresa Rossi, Erika Riddick and Terry Sullivan. Special guest DJ, H-BomB Henry Race, is also donating his time to keep the dance music pumping for the duration of the Zumbathon®.

All money raised at Sean's Run is used to provide grants to schools and youth groups to combat the problems of underage drinking, impaired driving and lax use of seatbelts by teenagers. Nearly 2/3 of young people who perish in car crashes were not using seatbelts. Nearly 1/3 of all underage car crashes involve alcohol.

Zumba® is the exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Since its inception in 2001, the Zumba® program has grown to become the world's largest - and most successful - dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba® classes in over 110,000 locations across more than 125 countries.

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# A STREAK! 27 LA Marathons and 12 Sean's Runs

by Sam Engle Sean's Run Organizing Committee member

In March 2014 my father, Steve Engle, who is a runner, musician and super dad, participated in his twenty-seventh consecutive Los Angeles Marathon. For as long as I can remember my family has gone to California to support him. For many years my sister and I were able to meet our dad towards the end of the race and run across the finish line with him. It was exciting to hear the spectators cheering

him finish the last leg of the 26.2 miles. Although we only ran the last few blocks, on a few occasions my sister and I received medals along with all the other finishers, which was an impressive feeling.

and as a small child I felt like I helped

My dad also has an unbroken streak of Sean's Runs. The only time he did not run was the first year of the event. Instead of running he played the guitar in front of our house on Woodbridge Avenue under the awning while it poured, cheering the runners on. My dad and I enjoy

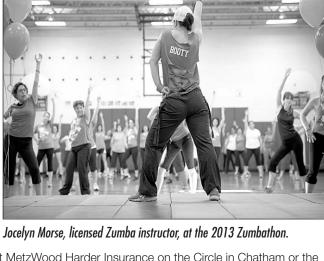
running Sean's Run with friends; it reminds me that this event means a lot to the community and it is great to see an increasing amount of participants each year.

Running the L.A. Marathon and Sean's Run has become a tradition for my dad and my whole family. In both instances each event brings the community together whether it be in small-town Chatham or the huge City of Los Angeles. Every year it is amazing to see thousands

of people get together to partake in a journey of endurance in Los Angeles. And every year it is also amazing to witness the growth of our own local event.

For us, Sean's Run is an important reminder of how fragile life can be and the necessity to treasure each and every moment that we are blessed to have. Our family has supported Sean's Run from its inception because it holds special meaning to my family.











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Steve Engle, family and nephews, left-right, Amara Engel, James Keller, Karen Engel, Sam Engel, Michael Keller and Steve Engel.

> Left, Steve Engel Finishing Sean's Run in 2011

Below. 2002 LA Marathon Steve Engle with children Sam and Amara.



## **Prevention Education Expo**

The Prevention Education Expo includes informational booths and exhibits by a variety of community and government agencies, prevention education organizations, youth development programs and wellness providers. These groups are set up inside the gymnasium and from 10 a.m. to 1 p.m. they distribute materials to:

- Educate young people and their parents about the potentially fatal consequences of underage drinking and impaired driving,
- Encourage young people to try positive alternatives and refrain from the use of alcohol, other drugs and tobacco,
- Underscore the importance of wearing seat belts, and
- Raise awareness about the valuable services and programs their organizations provide.

#### Past Expo Exhibitors Include:

Catholic Charities
Choices 301

Chatham High School SADD
Chatham Middle School SADD

Cornell Cooperative Extension

Columbia County Health

Care Consortium

Columbia County Sheriff's Department

Columbia County STOP DWI

Columbia-Greene Community College

Crellin Morris Association

**KB** Chiropractic

Kinderhook Runners Club

Law Enforcement Against Drunk Driving (LEADD)

MADD of the Capital District

Mental Health Association of Columbia and Greene Counties

New York State Association of Traffic Safety Boards

New York State Department of Health

Parents Who Host Loose the Most Reality Check Chatham High School

Rensselaer County Underage Drinking Coalition

RID - Remove Intoxicated Drivers

Rip Van Winkle Tobacco Free Coalition

School and Community Services Project

Taconic Driving School

The Coordinated School Health Center

The Health Care Consortium

Twin County Recovery Services, Inc.

# \$183,571 Donated by Sean's Run

For twelve years, the Organizing Committee has given the money raised at Sean's Run to support two specific areas of interest:
1.) Scholarships to deserving high school seniors, and 2.) Grants to schools and youth groups to implement programs to combat underage drinking, impaired driving and lax use of seatbelts by teenagers. Thanks to generous sponsors and donors, \$183,571 has been given away.

#### The Sean's Run Grants Program

128 grants have been given to school groups and community-based organizations to support programs across the region designed to combat underage drinking, impaired driving and teens' lax use of seatbelts. This year Sean's Run is presenting \$500 grants to 14 schools and youth groups to plan and produce their own Battle of the Belts and to compete in the World Championship Battle of Belts. Also, three regional organizations whose missions are to combat underage drinking and impaired driving will be presented grants to support their work.

#### **2014 Sean's Run Grant Awardees**

SCHOOL/GROUP		CITY	COUNTY
1 Algonquin MS Averill	Park	Averill Park	Rensselaer
2 Averill Park HS SADD		Averill Park	Rensselaer
3 CAPE - The Marathon	Project	Fishkill	Dutchess
4 Chatham MS SADD		Chatham	Columbia
5 Chatham HS SADD		Chatham	Columbia
6 Hudson HS SADD		Hudson	Columbia
7 Lynch Literacy Acader	ny, Amsterdam	Amsterdam	Montgomery
8 Maple HIII High School	ol	Castleton	Rensselaer
9 Maple Hill Middle Sch	nool	Castleton	Rensselaer
10 Mohonasen HS SAD	D	Schenectady	Schenectady
11 Pine Plains Stissing	Mt. SADD	Pine Plains	Dutchess
12 Remove Intoxicated	Drivers	Schenectady	Schenectady
13 Choices 301		Altamont	Albany
14 MADD		Latham	Albany



Representatives of the schools that were awarded grants in 2013 pose with First Niagara Bank officials Gina Lombardo and David Cutler (right) and Jeff French, General Chair (left).





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Bobby Aiello gives a fist pump expressing his excitement in having just completed his 4th Super Saturday Run in 2013.

# Sea Jem's Super Saturday Sean's Run for Special Needs Kids

Kids with special needs and other developmental disabilities are provided the opportunity to experience the fun of Sean's Run – including all the amenities. New to Sean's Run beginning in 2010, this short-but-special run will be conducted at 1:00 p.m. on Saturday, April 26, the day before the 5K and Meghan's Mile. It has been planned in cooperation with the Capital Region Miracle League and founder Burke Adams. Participants should arrive by 12:30 p.m.

## Kinderhook Bicyclists Ride Together

What started as a group of ten friends who enjoy getting together for a weekly group bicycle ride, has now become a group of over sixty bicyclists. This informal group of riders, primarily from northern Columbia County, has dubbed themselves Kinderhook Road Cycling. They are a diverse group of people who share a common passion for road cycling. They get together for group rides, camaraderie and fun, plus to share training ideas and stories of their many ride experiences. The group also serves as a source of information about new and scenic routes and organized bicycling events such as Sean's Rides.

Many in the group sees cycling is an excellent form of cross training, and as many of them began running, they also took up the sport of cycling. The Kinderhook Road Cycling group includes multi-sport enthusiasts including triathletes and duathletes. Some of the riders identify their primary sport as running but look to road cycling for the cross training benefits or as a respite from the repetition of their primary sport. Many who join the group rides are members of the Kinderhook Runners Club. The group also includes folks whose primary athletic activity is bicycling.

With no formal membership requirements, and no fitness or equipment expectations, the group includes both men and women, ranging in age from the early 20s to over 60. They join in the rides because they enjoy the experience of a group ride whether they are training for a race or simply looking to just get out on the roads for an easy ride with a group who shares their interest. When they show up they always find other bicyclists going on the ride with a similar goal.

Group rides start mid-April and continue through late September. Rides are weekly and start every Tuesday at 5:30 p.m. from the Kinderhook post office. Rides are split into A, B and C groups. The A group typically averages 18+ mph, B group 16-17 mph and the C group averages 14-15 mph. Both long and short routes are planned each week. Routes vary from flat and fast to hilly and challenging.

If you are looking to join a group of fellow cyclists for a group ride, occasionally or weekly, just show up for the every-Tuesday gathering and jump in. While there are formal bike clubs in the region, Kinderhook Road Cycling, for the time being, remains an informal group of riders – there are no membership applications, no dues and all riders are responsible for their own safety.

# Why does Sean's Run include the World Championship Battle of the Belts?

**Because seatbelts save lives!** Because too many teenagers are failing to buckle-up. And because we've come up with a good idea to encourage teens to change their behaviors make good choices. Kids tell us they really like participating in the Battle of the Belts!

Too frequently we read about a young person who was killed in a car crash. It's a fact: Auto accidents are the number one killer of teenagers. Here's another fact: Two-thirds of teens who perish in car wrecks were not wearing safety belts.

And why do so many youth fail to buckle up? They have the lamest excuses like, "Nothing's going to happen to me!" According to a national study conducted by Volkswagen of America, teens need to change their attitudes and behaviors when it comes to using seatbelts.

The fact is that if we can change teens' attitudes about using car safety belts, we might be saving their lives! Youth experts agree that the most effective way to get a safety message across to a teenager is when the message comes from another teenager. The Battle of the Belts is a fun teenage activity to express the message to other teens about the importance of using seatbelts.

Principals, Youth Program Leaders, Police Officers, STOP DWI Coordinators, Youth Bureau Directors, School Superintendents, SADD advisors, School Resource Officers, teens and parents have told the Sean's Run Organizing Committee that the Battle of the Belts can increase the use of seatbelts.

The Battle of the Belts is a fast-moving competition where teams of 4 youth compete to see who can buckle-up the fastest. To start, the team runs from a starting line to a 4-door car. The Starting line is 15 feet from the back of the car's rear bumper. Team members get in, buckle up, and throw their hands in the air until a Referee shouts "ROTATE!" Then they unbuckle, get out, rotate clockwise around the car to the next seat and buckle-up again. They rotate twice more until they have been buckled in all four seats. The team with the fastest time after four "buckle-ups" is the winner!



2014 Battle of the Belts Officials, left to right: cousins of Sean French, Cory French, Joe Forys, Nicole Forys Dragity and Sean's brother Eric French.



Marathon Project members compete in 2013 World Championship Battle of the Belts.



World Champions 2013 from Mohonasen High School, Schenectady County celebrate their victory and title.



Above, four unicyclists complete the 20-Mile Ride. At right, over 1,000 runners and walkers take off from the starting line of the 5K in 2013.

# SEANS RUN 2013





### **Scenes From Last Year**

Above left, Filo Pray, age 6 of Berne, NY finishes Meghan's Mile. Above right, Gene Carlough, 81, sets the 80 and over age group record, finishing in 41:49 in 2013.

Middle row: All smiles! Jessica Oehlke, #612 of Ghent, finishes the 5K with friends Tiffany and Courtney Coon. Thumbs Up! Patty (#50) and Erica Bervy (#47) lock arms for a picture perfect finish in 2013.

Bottom row: Mom and daughter, Lola (#365), age 9, and Deborah Hughes (#995) of Philmont on the course last year. Chatham Middle School SADD members get psyched before they compete in the 2013 World Championship Battle of the Belts.











# The Sean Patrick French Memorial Scholarships Fund

The Sean Patrick French Memorial Scholarship Fund was established in 2002 to recognize the positive achievements and good character of deserving high school seniors. To-date, 86 deserving seniors have been awarded scholarships in three categories. The fund was created using a portion of the proceeds from the inaugural Sean's Run and from ongoing contributions by individuals, businesses and community organizations. The Scholarship Fund is administered by the Berkshire Taconic Community Foundation, Sheffield, MA and all contributions to the fund are tax deductible in accordance with IRS regulations. Scholarship awardees are selected by a 5-person selection committee.

#### Scholarship Category #2

#### The Sean Patrick French Good Sport Scholarships

**Who is eligible?** Cross Country runners from NYSPHSAA Section II who competed at the NYSPHSAA State Cross Country Championship and have been named as Section II Good Sportsmanship Award winners.

**Rewarding:** Elite-level Runners who demonstrate Outstanding Sportsmanship

**How to Apply:** Applications, available at www.SeansRun.com, are due by January 15th.

Runners who have been selected by the Section II Cross Country Coaches as the Good Sportsmanship Award winners are invited to apply. Two \$500 scholarships, one to a boy and once to a girl, are awarded.



#### Jordon Thomas Johnson Colonie High School 2014 Good Sport Scholarship Winner

He is a 5-season varsity cross country runner on one of Section II's best cross country programs. A Suburban Council All Star who has competed at the States and Federation meets, he gives credit to his brother who was always pushing him on the course. He passed on an opportunity to likely qualify to compete at the State meet as an individual in the Steeple Chase last spring to instead give it his all as a member of Colonie's 4X800 relay team. A sterling example of sportsmanship.

#### Jenna Robinson Guilderland HS 2014 Good Sport Scholarship Winner

She ran varsity Cross-Country for 5 seasons, was Captain, went to the State Championship and to the Federation Championship multiple times and is a 4-time Suburban Council All Star. She wrote in her essay, "Having good sportsmanship isn't always about summoning up your courage and stifling your anger at the end of the race; when you say good job to the person that finished ahead of you. It's about summoning up your benevolence and taking the time to appreciate the runners that finish behind



you. When pure talent and hard work is put together, a person is unstoppable. People appreciate and respect the elite's who are naturally gifted. Yet the people who aren't born with a great bone structure, or natural running talent, are working hard and beating times, without notice."

#### Scholarship Category #1

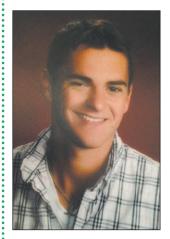
#### The Sean Patrick French Community Service Scholarships

Who is eligible? Chatham High School Seniors

Rewarding: Respect for All, Community Service, Outstanding Sportsmanship

**How to Apply:** Applications, available at www.SeansRun.com, are due by January 15th.

Two \$1,000 scholarships, one to a boy and one to a girl, are awarded each year. The awardees best exemplify the positive personal characteristics for which Sean is remembered.



#### Haven Sheehan-Hutchinson Chatham HS 2014 Community Service Scholarship Winner

He can find the "cool" in everyone and choses to leave no one left out. He serves on the Sean's Run Organizing Committee and stated in his essay, "Sportsmanship is almost more important than the sport you are playing, without it there would be no fun, no satisfying victory, and in the end it wouldn't be worth playing the sport."



# Annabelle Hinkle Chatham HS 2014 Community Service Scholarship Winner

She started an anti-bullying campaign and organized a suicide prevention program at CHS, she volunteers for numerous community organizations including Sean's Run. With the same enthusiasm of a spectator at an Olympic championship race, she exuberantly cheers on and encourages to the last finishers at high school track and field meets.

#### Scholarship Category #3

#### The Sean Patrick French "Love of Running" Scholarships

**Who is eligible?** High School Seniors who reside in Columbia County and have participated in at least two seasons of varsity level Track & Field or Cross Country.

**Rewarding:** Runners who demonstrate a love of running, and outstanding sportsmanship

**How to Apply:** Applications, available at www.SeansRun.com, are due by January 15th.

At least two \$500 scholarships, one to a boy and one to a girl, are awarded each year to the applicants who best describe how their love of running has prepared them for the challenges of college.



She is a four-season varsity cross country and track and field runner and Patron Conference All Star. She holds the school record in the Steeple Chase and has won her age group at Sean's Run. Impressively she became an accomplished runner, even though for three years she was the sole girl on her high school cross country team. Her workouts with the boys made her stronger and more determined to stick with it and her reputation and running successes became a role model for the younger girls who are now joining the team.





**Devyn Fernandez** Ichabod Crane HS 2014 Love of Running Scholarship Winner

He is a 5-season varsity runner in XC and T&F and was Captain of XC in his junior and senior years. In 8th grade, having earned a berth on his school's sectional competition team, he gave up his slot to an upperclassman who desperately wanted to run, but was not in the top 7 on the team. In his junior year he battled mononucleosis the entire season, but because he was Captain he felt he needed to continue to be an example of hard work and dedication for his teammates.

# SEAN'S RUN 5K RECORD HOLDERS & PAST CHAMPIONS

#### **Course Records**

MALE: 15:18 Matthew Forys (Sean's Cousin) 2008 & 2013, age 22 & 27 New York, NY

FEMALE: 18:16 Kara-Lynn Kerr, 2005, age 25, Albany, NY

#### AGE GROUP RECORDS

#### 12 and Under

Male: 21:01 - Ross Wightman, 12 Chatham, NY

Female: 24:22 - Abigail Wheeler, 12 Chatham, NY

#### 13 to 15

Male: 17:16 — Kaushik Pilar, 15 Latham, NY

Female: 20:26 - Erin Clark, 13 Old Chatham, NY

#### 16 to 18

Male: 15:56 - Craig Forys (Sean's Cousin), 16 Howell, NJ

Female: 18:18 — Brina Seguine, 18 Rensselaer, NY

#### 19 to 29

Male: 15:49 — Matthew Forys, 23 Howell, NJ

Female: 20:00 - Karen Bertasso, 27 Slingerlands, NY

#### 30 to 39

Male: 16:26 — Robert Irwin, 32 Guilderland, NY

Female: 19:50 - Kim Miseno-Bowles, 35 Amsterdam, NY

#### 40 to 49

Male: 16:44 - Derrick Staley, 47 Ballston Lake, NY

Female: 21:26 - Lisa Mattilla, 45 Pittsfield, MA

#### 50 to 59

Male: 18:36, Rick Munson, 51 Prattsville, NY

Female: 20:50, Linnea Van Tassel Ghent, NY

#### 60 to 69

Male: 18:41 — Bob Giambalvo, 62 Delhi, NY

Female: 23:46 - Judy Phelps, 62 Malta, NY



Winners of the Women's 40-49 Age Group: Left to right, Third Place Shebna Olsen, 42, of New York; Second Place, Julie Keating, 43, of Kinderhook and First Place Christine Varley, 49. of Albany (22:26).

#### 70 and Over

Male: 23:36 - Richard Shook, 70 Pittsfield, MA

Female: 27:56 - Anne Stockman, 73 Rensselaer, NY

#### 80 and Over

Male: 41:49 - Gene Carlough, 81 East Chatham, NY

Female: 35:31 - Anny Stockman, 80 Rensselaer, NY

#### PAST 5K CHAMPIONS JACK McGrath AWARD WINNERS

#### 2004

Male: Darren Legere, 18, Ghent, NY 17:02

Female: Molly Montegami, 20 Pittsfield, MA 20:59

#### 2005

Male: Robert Irwin, 32, Guilderland, NY 16:26

Female: Kara-Lynn Kerr, 26. Albany, NY 18:16

#### 2006

Male: Craig Forys (Sean's Cousin), 16 Howell, NY 15:56

Female: Libby Gamache, 23 Rensselaer, NY 19:36

#### 2007

Male: Macky Lloyd, 17, Voorhesville, NY

Female: Samantha Legere, Scotia, NY 20:13

#### 2008

Male: Matthew Forys, 22, Howell, NY

Female: Brina Sequine, 18, Rensselaer, NY 18:18

#### 2009

Male: Matthew Forys, 23, Howell, NY

Female: Sam Roecker, 17, Charlton, NY 20:02

#### 2010

Male: Chuck Terry, 27, Albany, NY

Female: Emma Gryner, 18, Craryville, NY 21:05

#### 2011

Male: Chuck Terry, 27, Albany, NY

Female: Betsy Edinger, 17, Greenwich, NY 19:45

#### 2012

Male: Chuck Terry, 29, Albany, NY 16:08

Female: Brina Seguine, 22, Rensselaer, NY

Male: Matthew Forys, 27, New York, NY 15:18

Female: Chelsea Benson, 30, Hudson, NY

#### MEGHAN'S MILE RECORD HOLDERS & PAST CHAMPIONS **Course Records**

Male: 5:51 Chase Werner, 12 Stuyvesant, NY

Female: 6:21 Kaylee Scott, 11 Castleton-on-Hudson, NY

#### Past Meghan's Mile CHAMPIONS - THE NEWKIRK AWARD WINNERS

#### 2004

Male: Ian Rasweiler, 10, Hudson, NY

Female: Wren Hoy, 11, Hudson, NY 8:45

#### 2005

Male: Henry Taylor, 11, Delmar, NY 6:44

Female: Kelly Forys (Sean's Cousin), 11 Absecon, NJ 8:33

#### 2006

Male: Richard Cummings, 12, Stuyvesant, NY 6:46

Female: Hannah Riordan, 11, Nassau, NY 8:07

Male: Ross Wightman, 11, Chatham, NY

Female: Hannah Riordan, 12, Nassau, NY 7:36

#### 2008

Male: Ross Wightman, 12, Chatham, NY

Female: Raelyn Beaucage, 12, Valatie, NY

#### 2009

Male: Jordan Healy, 12, Castleton, NY 5:56

Female: Kaylee Scott, 11, Castleton-on-Hudson

#### 2010

Male: Drew McAuley, 12, Schenectady, NY

Female: Samantha Taylor, 10, Philmont, NY 6:50

#### 2011

Male: Chase Werner, 12, Stuyvesant, NY

Female: Erin Clark, 12, Old Chatham, NY

#### 2012

Male: Noah Summers, 12, Chatham, NY

Female: Samantha Taylor, Philmont, NY

#### 2013

Male: Louis Warner, 9, Kinderhook, NY

Female: Riley Werner, 12, Valatie, NY



Riley Werner, 12, of Valatie, the 2013 Meghan's Mile Champion, crosses the finish line.

# PROM SEASON:

# Dangerous Time for Teen Drivers

It's no coincidence that Sean's Run Weekend occurs each year on the last weekend of April, in the middle of Prom Season. Prom season is a dangerous time for teenage drivers. Car accidents resulting in teenage deaths are the



highest during prom weekends. Depending on the location these are the months of March, April and May.

This is because often teenagers add alcohol to the mix of dancing, prom pictures and corsages.

Car crashes, according to the Center for Disease Control and Prevention (CDC) are the leading cause of death for teens. The statistics are alarming - in 2009, eight teens ages 16 to 19 died every day from motor vehicle injuries. The Center for Injury Research and Prevention has found that nearly 2/3 of those who perish were not using safety belts. And nearly 1/3 of all deaths involved alcohol.

Per mile driven, teen drivers ages 16 to 19 are four times more likely than older drivers to crash (National Highway Traffic Safety Administration). Alcohol consumption greatly increases the likelihood that teens will forego use of seatbelts; nearly three out of every four teen drivers killed in motor vehicle crashes after drinking and driving were not wearing a seat belt. (CDC)



# Participants Comment on Our Facebook Page:

Chris W.

Loved it!

## Terry W. Sean's Run Rocks

#### Pam W

You do it right! the shirts, refreshments, on-time start, quick results, music, smiling volunteers, nice amenities we see only at much larger events across the country. We will be back!

#### Jim T.

This event has become one of the best, if not the best, 5Ks in the whole region.

#### Marci (

So much fun. It was my inspiration to get back in shape.

#### Jackie L

This is a great family event - my kids and I did it all together. They can't wait until next year.

#### Tom H.

We stayed after picking up packets on Saturday to watch the Special Needs Kids Race - and so glad we did. Those kids have heart and Sean's run is providing a wonderful experience for them.

# The Committee to Produce the Sean Patrick French Memorial Run/Walk

# WE ARE ABOUT Producing a well-organized community-wide event that includes:

- 5K Run/Walk.
- 1 Mile Youth Race Meghan's Mile
- Tribute to Victims and Survivors of Drunk Driving
- World Championship Battle of the Belts Seatbelt Contest
- Prevention Education Expo
- Super Saturday Run for Kids with Special Needs
- Zumbathon®
- 20 & 50-Mile Bike Rides

#### **WE STRIVE TO**

- Increase awareness about the problems of underage drinking and impaired drivina
- Raise funds to give as grants to schools and youth organizations to implement year-round programs that combat underage drinking, impaired driving and lax use of seatbelts by teens.
- Select the most deserving college-bound seniors from throughout the region as recipients of Sean Patrick French Memorial Scholarships.
- Encourage healthy lifestyles and safe choices that lead to fewer teens who drink, drive while impaired, ride with a drunk driver, or fail to use seatbelts.
- Memorialize the victims of drunk driving.

#### **GENEROUS SUPPORTERS**

We would not be able to produce the event and meet our goals without the generosity of Sponsors, Contributors and Participants. Entry fees paid by participants cover approximately half of the expenses of producing Sean's Run. It's only because of the generosity of Sponsors and Contributors that the Committee is able to achieve its goals.

#### **OUR BEGINNINGS**

The all-volunteer Organizing Committee and Honorary Board of Directors created Sean's Run in response to the tragic death of Sean Patrick French, the 17-year old Chatham High School junior, honor roll student, community volunteer and record-setting athlete who lost his life on January 1, 2002 as a passenger in a drunk-driving car crash. Ian Moore, another passenger also 17 at the time, sustained paralyzing injuries. The 17-year old intoxicated driver, was a schoolmate who had been arrested previously for drunk driving, just 18 days before the fatal crash. Sean's Run Weekend is scheduled strategically during high school prom season, the time of year when the greatest percentage of underage alcohol-involved car crashes occur.

#### **OFFICERS 2013-2014**

Jeff French, Chairman

Pam Lappies, Vice Chairman

Tammi Menegio, Treasurer

Mark D. French, Secretary

Haven Hutchinson, Student Liaison, CHS

# HONORARY BOARD OF DIRECTORS 2013-2014

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**Reginald Crowley - Coordinator** 



# In Loving Remembrance of Kari Michelle Liedel, 14

Kari Liedel of Ballston Spa, was best known for her singing and soulfully imitating recording artists like Celine Dion and Adele. Kari loved horses and like most 14-year olds, was never without her cell phone. Kari Liedel's dream was to sing on "America's Got Talent", or "American Idol." But such dreams will never be realized. On Saturday evening,



July 7, 2012, while standing next to a mailbox alongside a road near her home, Kari's promise-filled life was cut short when she was hit head-on by a car driven by a 21-year old drunk driver. Kari died instantly, taken from her mom and stepfather, her father, her sister, Kortni, and her brothers Alexander and Bruce. The driver was a graduate of the same high school that Kari was scheduled to attend. Now her mom Sarah is working in her daughter's memory on a national campaign to lower the DWI threshold from .08 to .05. "I lost my beautiful daughter, but she is still inspiring me every day," says her mom.

## Sean's Run Pays Tribute to Those Impacted by Drunk Driving

Every 31 minutes, someone is killed by a drunk driver in the United States – almost 50 per day according to Mothers Against Drunk Driving (MADD). Hundreds more suffer physical and emotional injury because of drunk drivers, according to the National Highway Traffic Safety Administration. And the anguish caused by this trauma never fully dissipates.

This is why Sean's Run recognizes all victims and survivors of drunk driving. The volunteers who produce Sean's Run wish to provide some consolation. The Organizers of Sean's Run extend a warm welcome to the hundreds of people in our region who have been impacted by an impaired driver. These people have been forced to endure the pain of suddenly loosing of a loved one or have personally suffered physical injury.

Victims and survivors who participate in Sean's Run are provided complimentary entry and are invited to wear a small placard with the name of the individual they wish to remember or honor as they walk or run. Those who wear placards give faces to the impact of drunk driving and the placards give names to those who have suffered.

# Safety Tree Serves to Remember the Victims



People who have lost their lives because of an alcohol-involved car crash in Columbia and Greene Counties were remembered during a special annual ceremony on March 28 conducted by the Sean's Run committee and the other organization partners that are sponsors of the Columbia-Greene Safety Tree Living Billboard. They include Columbia Memorial Hospital, Columbia County STOP DWI, Twin County Recovery Services, Inc., Taconic Driving School and Remove Intoxicated Drivers (RID).

The remembrance ceremony took place at the Safety Tree Living Bill-board, a blue spruce pine tree that grows on a lawn next to the entrance of the Emergency Room of Columbia Memorial Hospital in Hudson.

Planted at the hospital on April 1, 2011, the Safety Tree is decorated with white lights as a living billboard reminding everyone about the danger of impaired driving. The partner organizations decided to memorialize any

individual who perished in an alcohol-involved car crash in the twin counties by switching a white light bulb to a red bulb during an annual observance. The red bulbs will be permanent reminders of those lost and of the deadly consequences of drunk driving.

The NYS Governor's Traffic Safety Committee at the Department of Motor Vehicles (DMV) compiles the fatality data for each county in the state. In 2012, the most recent year for which data is available, alcohol-involved car crashes

accounted for two fatalities in Columbia County and one fatality in Greene County. Each county had one alcohol-involved fatality in 2011.

Minors still drinking and driving: While the under 21 population comprises only 5% of all licensed drivers in Columbia County – they accounted for 8% of all the impaired driving arrests in 2011. Too many!

Columbia County	Alcohol-related car crashes	Fatalities
2009	36	0
2010	47	2
2011	49	1
2012	45	2

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### SEATBELTS AND TEENS .....

The National Highway Traffic Safety Administration says: **Seat Belts Save Lives** 

Teens have the highest fatality rate in motor vehicle crashes than any other age group. One key reason for high traffic fatalities among this age group is that they have lower safety belt use rates than adults. Research has found that lap/shoulder seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent.

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